

Quick Nutrition and Physical Activity Quiz

| Name | · |
|--------|--|
| Date: | |
| Organ | ization/Class: |
| 1) Hov | v many servings of fruits and vegetables should you eat every day for good health? |
| a) | 0-1 |
| b) | 2-3 |
| , | 4-5 |
| d) | 5 or more |
| | w many minutes per day should you do moderate-intensity physical activity (some examples of derate-intensity physical activity include brisk walking, riding a bicycle, dancing, or playing basketball)? |
| a) | 0-5 minutes |
| b) | 6-10 minutes |
| c) | 11-20 minutes |
| d) | 21-30 minutes |
| e) | 30 minutes or more |
| 3) Nar | ne three health benefits of eating fruits and vegetables. |
| | |
| 4) Nar | ne three health benefits of doing physical activity. |
| | |
| 5) Wh | ich of the following equals one serving of fruit or vegetable? |

- a) 1 medium-sized fruit or vegetable
- b) 1/2 cup fresh, frozen, or canned fruits or vegetables
- c) 1 cup raw leafy greens
- d) 3/4 cup 100% fruit or vegetable juice
- e) 1/4 cup dried fruit
- f) all of the above



Toolbox Usage and Evaluation Survey

The purpose of this survey is to obtain constructive input from community educators like you who are using the California Latino 5 a Day Campaign's 5 a Day and Physical Activity Toolbox for Community Educators in their health, nutrition, and physical activity classes. Your valuable comments will assist the California Latino 5 a Day Campaign in improving the Toolbox for future editions. The following questions ask you to summarize your use of the Toolbox and all of its components over a six-month period, starting from the time you first received the Toolbox until your most recent class during the first six months. California Latino 5 a Day Campaign staff will send you a reminder card and a return envelope for submitting the completed survey. As a thank you for your time and cooperation, the California Latino 5 a Day Campaign will send you 50 Eat 5 A Day The California Way brochures free of charge.

COMMUNITY EDUCATOR CONTACT INFORMATION:

| Name: | | Title: | |
|--|---|---------------------------------------|--|
| Address: | | | |
| City: | | State: | Zip Code: |
| Telephone Number: | | Email: | |
| Name of Organization: _ | | | |
| Date Evaluation Form was | Completed (month/day/ye | ear): / | |
| MARK THE CATEGORY | THAT BEST DESCRIBES | S YOUR ORGANIZATION | : |
| O WIC Clinic/Agency | 7) County HealthDepartment | 120 Hispanic Chamber of Commerce | 160 Food Bank/Food Security Project |
| 20 Migrant Education 30 Head Start | 80 State Health Department | 130 Welfare to Work Program | 70 Medical/Nursing School |
| 40 Migrant Clinic/ Community Clinic | 90 Local government office | 140 Medi-Cal/Healthy Families | 18O University Program |
| SO ESL Class/Program | 10O Adult School | 150 Health Plan/Health Maintenance | 190 Nonprofit Health Organization |
| 60 Hospital | 110 Religious/Faith Organization | Organization | 20 Other (Specify) |
| 1. When did your organ | ization first receive the Tool | box? | |
| Date (month/day/yed | ar): / / | 888O I do not kno | ow |
| 2. When did your organ | ization first use the <i>Toolbox</i> | ? | |
| Date (month/day/yed | ar): / / | 888O I do not kno | ow |



| 3. | When did | you most | recently | use the | Toolbox? |
|----|----------|----------|----------|---------|----------|
| | | | | | |

| Date (month/day/year): | | |
|------------------------|--|--|
| / | | |
| 888 Oldo not know | | |

The following questions, numbered 4 through 12, ask whether the *Toolbox* was used to teach a series of classes with one or more groups of people. For example, you might have used a combination of nutrition and physical activity lessons to teach several classes on 5 a Day and physical activity to the same group of people. You might have used the community empowerment lesson and its expansion ideas to teach a mini-course on advocating for fruit and vegetable consumption and physical activity. For the purposes of this survey, a series is defined as two or more classes with the same group of people.

| 4. | During the first six months that you had the |
|----|---|
| | Toolbox, was the Toolbox used to teach a series |
| | of classes with one or more groups of people? |

| 10 | Yes | |
|---------|---------------------------------|-----|
| $_{2}O$ | No (Skip to Question 13) | |
| C888 | I do not know (Skip to Question | 13) |

IF YES,

5. In total, how many different series of classes were taught during the first six months?

| Number of series: | |
|---------------------|---|
| 888 O I do not know | / |

6. On average, how many classes were taught in each series?

| Number of classes: _ | |
|----------------------|--|
| 888 O I do not know | |

7. On average, how long did each series of classes last?

| 10 | Less than a month |
|------------|-------------------|
| 20 | 1 to 2 months |
| O E | 2 to 3 months |

4O 3 to 4 months 888O I do not know

8. On average, how many lessons from the *Toolbox* were conducted at each class?

| Number of lessons: | |
|--------------------|--|
| 888O I do not know | |

9. On average, how many lessons from the *Toolbox* were taught in an entire series?

| Number of lessons: | |
|--------------------|--|
| 888O I do not know | |

10. In total, how many groups were involved in the different series?

| Number of | groups: | |
|--------------|----------|--|
| 888 O I do r | not know | |

11. On average, how many people were in each group?

| Number of people: | | |
|--------------------|--|--|
| 888O I do not know | | |

12. In total, how many people participated in the series of classes involving the *Toolbox*?

| Number of people: _ | |
|---------------------|--|
| 888O I do not know | |



| 13. | During the first six months that you had the <i>Toolbox</i> , was the <i>Toolbox</i> used to teach individual, one-time event classes? | 18. During the first six months the <i>Toolbox</i> was used, what percentage of all class participants were: [Please mark the closest estimate. Don't worry if you do not have actual data.] |
|------|--|---|
| | 10 Yes 20 No (Skip to Question 18) 8880 I do not know (Skip to Question 18) | a. Children 17 years of age and younger 10 0% 20 Less than 25% |
| IF Y | ES, | 3○ 25% 4○ 50% |
| 14. | In total, how many one-time classes involving the <i>Toolbox</i> were taught during the first six months? | 50 75% 60 100% 8880 I do not know |
| | Number of classes: | b. Adults 55 years of age and over |
| | 888O I do not know | 10 0% 20 Less than 25% |
| 15. | On average, how many lessons from the Toolbox were conducted at each class? Number of lessons: | 3O 25% 4O 50% 5O 75% 6O 100% 888O I do not know |
| | 888 I do not know | c. Adults 18 to 54 years of age |
| 16. | On average, how many people participated in each class? | 10 0% 20 Less than 25% 30 25% |
| | Number of people: | 4O 50% 5O 75% 6O 100% |
| 17. | In total, how many people participated in the one-time classes involving the <i>Toolbox</i> ? | 888O I do not know |
| | Number of people: | |



| 19. | During the first six months the Toolbox was used, |
|-----|---|
| | what percentage of all class participants were: |

[Please mark the closest estimate. Don't worry if you do not have actual data.]

a. Latino

- 1O 0%
- 20 Less than 25%
- 3O 25%
- 40 50%
- 50 75%
- 60 100%
- 888O I do not know

b. African American

- 1O 0%
- 20 Less than 25%
- 3O 25%
- 40 50%
- 50 75%
- 6O 100%
- wond ton ob I C888

c. Caucasian

- 1O 0%
- 20 Less than 25%
- 3 25%
- 40 50%
- 50 75%
- 60 100%
- wond ton ob I C888

d. Asian/Pacific Islander

- 1O 0%
- 20 Less than 25%
- 3O 25%
- 40 50%
- 50 75%
- 6O 100%
- 888O I do not know

e. Native American/Alaskan Native

- 1O 0%
- 20 Less than 25%
- 3O 25%
- 40 50%
- 5O 75%
- 6O 100%
- 888O I do not know

f. Other group (please describe) ___

- 1O 0%
- 20 Less than 25%
- 3O 25%
- 40 50%
- 50 75%
- 6O 100%
- 888O I do not know

20. During the first six months the *Toolbox* was used, what percentage of all class participants had an annual household income of less than \$20,000? [Please mark the clasest estimate Don't worry if

[Please mark the closest estimate. Don't worry if you do not have actual data.]

- 10 0% (None of the participants had household incomes of less than \$20,000)
- 20 Less than 25%
- 3O 25%
- 40 50%
- 50 75%
- 6O 100%
- wond ton ob I C888

Excellent



| 21. | During the first six months the Toolbox was used, what percentage of classes were conducted in Spanish? [Please mark the closest estimate. Don't worry if you do not have actual data.] | 23. | the last s | six montoor and Toolbox | hs, on a 5 being in the fo | scale c excelle ollowing | the <i>Toolbox</i> of 1 to 5 with nt, how wou g areas? | 1 1 |
|-----|--|-----|-----------------------------|-------------------------|----------------------------------|--------------------------------|--|----------|
| | 10 0% (None of the classes were conducted in Spanish) 20 Less than 25% 30 25% 40 50% 50 75% | | Readabil 1 Poor Organize | 2 | 3 | 4 | 5 Excellent | |
| | 60 100% 8880 I do not know | Б. | 1 Poor | 2 | 3 | 4 | 5 Excellent | |
| 22. | During the first six months the <i>Toolbox</i> was used, in what type of settings were the classes conducted? [Please mark all that apply.] | C. | User-frier | ndliness 2 | 3 | 4 | 5 | |
| | Clinic After-school parent/teacher meeting Church Community center | d. | | | | particip | Excellent ants about fi | ruit and |
| | 10 Migrant farm worker housing center 10 Hospital 10 Gym/exercise facility 10 Worksite 10 Other wife fall of the state of the sta | | vegetable 1 Poor | e consu 2 | mption 3 | 4 | 5 Excellent | |
| | Other setting [Please describe] I do not know | d. | Usefulne: physical | | ucating | particip | ants about | |
| | | | 1 | 2 | 3 | 4 | 5 | |

Poor



24. Please complete the following table about your use of the lessons. (In answering the question about how often you used a particular lesson, Often = more than 50% of all classes; Sometimes = 25% to 50% of all classes; Rarely = less than 25% of all classes; Never = not used)

| How often did you use the lesson? | Overall evaluation of the lesson |
|--|--|
| 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
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| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| | |
| | 10 Often 20 Sometimes 30 Rarely 40 Never |

| 5 a | Day and Physical | 10 Offen 20 Sometimes 30 Rarely 40 Neve | r 10 Excellent 20 Good 30 Fair 40 Poo |
|------|--------------------------|---|---------------------------------------|
| Acti | vity Relay | | |
| 25. | | you change about the lessons? | |
| | | | |
| | | | |
| | 10 I wouldn't change | anything | |
| | 888O I do not know | | |
| 26. | What three things did yo | u like best about the lessons? | |
| | 1) | | |
| | 2) | | |

10 I did not like anything about the lessons

wond ton ob I C888



27. Please complete the following table about your use of the handouts and brochures. (In answering the question about how often you used a particular material, Often = more than 50% of all classes; Sometimes = 25% to 50% of all classes; Rarely = less than 25% of all classes; Never = not used)

| Name of material | How often did you use it? | Overall evaluation of the material |
|----------------------------|--|--------------------------------------|
| Health Benefits of Fruit | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| and Vegetables | , | |
| Recipes | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Serving Size | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Seasonality Chart | 10 Often 20 Sometimes 30 Rarely40 Never | 1) Excellent 2) Good 3) Fair 4) Poor |
| Eating Out the | | |
| 5 a Day Way | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Eating at Work the | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 5 a Day Way | | |
| Easy Steps to Advocate | | |
| for 5 a Day and | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Physical Activity | | |
| 5 a Day Community | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Assessment | | |
| Physical Activity | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Community Assessment | | |
| Walkability Checklist | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Health Benefits of | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Physical Activity | | |
| Keeping FITT | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 5 a Day and Physical | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Activity Scoreboard | | |
| Physical Activity Pyramid | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Target Heart Rate | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Let's Get Active | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Physical Activity and | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Exercise Safety | | |
| Stretching Exercises | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Dance Your Way to | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| 30 Minutes a Day | | |
| Eat 5 A Day The California | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| Way brochure | | |
| Be Active Your Way | 10 Often 20 Sometimes 30 Rarely40 Never | 10 Excellent 20 Good 30 Fair 40 Poor |
| brochure | | |



| I I | | ? |
|--|---|--|
| | | |
| | | |
| 10 I wouldn't change | | |
| 888O I do not know | a.,,g | |
| 1 do noi know | | |
| 29. What three things did yo | u like best about the handouts and brochures? | |
| 1) | | |
| 2) | | |
| 3) | | |
| | ing about the handouts and brochures | |
| 888O I do not know | | |
| | | |
| • | wing table about your use of the collateral and | , |
| | n you used a particular collateral or resource m % to 50% of all classes; Rarely = less than 25% | |
| ciasses, sometimes = 23 | % 10 30% of all classes, karely = less man 23 | % of all classes, thever = nor usea |
| Collateral and | | |
| resource materials | How often did you use it? | Overall evaluation of the materi- |
| | | |
| Love is Conquered with | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poo |
| F 1 \ | | |
| Food Video | | |
| 5 a Day and Physical | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poo |
| 5 a Day and Physical Activity Playing Cards | | |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Poo |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters | | 10 Excellent 20 Good 30 Fair 40 Poo |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh | 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health | 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health | 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and | 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables Quick Nutrition and | 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables Quick Nutrition and Physical Activity Quiz | 10 Often 20 Sometimes 30 Rarely 40 Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables Quick Nutrition and Physical Activity Quiz 31. What three things would | 1) Often 2) Sometimes 3) Rarely 4) Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables Quick Nutrition and Physical Activity Quiz 31. What three things would | 1) Often 2) Sometimes 3) Rarely 4) Never | 10 Excellent 20 Good 30 Fair 40 Pool |
| 5 a Day and Physical Activity Playing Cards Living the 5 a Day Way CD Serving Size Posters Dr. Richter's Fresh Produce Guide Produce for Better Health Foundation, The Health Benefits of Fruits and Vegetables Quick Nutrition and Physical Activity Quiz 31. What three things would 1) 2) | 1) Often 2) Sometimes 3) Rarely 4) Never | 10 Excellent 20 Good 30 Fair 40 Pool |



| 32. | | three things did you like best about the collateral and resource materials? |
|-----|-------|---|
| | 2) | |
| | | |
| | | I did not like anything about the collateral and resource materials |
| | | I do not know |
| 33. | Addit | ional comments: |
| | | |
| | | |
| | | |
| | | |
| | | |
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